

Don't Cherry Whine About It

Soreness Reducer & Hydrator

Makes one 16 oz drink

Research has shown that pure, tart cherry juice can reduce pain and soreness from intense workouts. *Don't Cherry Whine About It* is a soreness reducer and a hydrator. Customize the amount of salt to meet your needs based on your sweat rate (see *Sweat Rate Worksheet* available to Total Access Members).

Ingredients:

6 oz pure tart cherry juice
2 oz water
1/8-1/2 tsp salt
8 oz ice

Directions:

On the Rocks: Place ingredients in a shaker, shake, and pour into a glass. In lieu of a shaker, stir ingredients together in a glass.

Blended: Place ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Recovery Shake: Prepare as a blended smoothie with vanilla protein powder.

Nutrition (16 oz without protein): 105 cal, 26 g carb, 0 g fiber, 0 g protein, 0 g fat, 590 mg sodium, 6% DV iron